Claims

- Panel (1) having connecting means (3, 4, 7, 9)
 which permit a positive connection with a further panel (2),
- 5 panel (1) comprises as connecting means laterally a groove (3) formed by two rigid flanks,
 - one of the two rigid flanks (6) is longer than the other one,
 - the longer rigid flank (6) comprises a recess (7),
- the other panel comprises laterally a tongue (4),
 - the tongue (4) comprises on an under- or top side a lug (9),
 - the lug (9) and the recess (7) are so arranged that the lug (9) is able to engage with the recess (7).
- 15 characterised in that

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the side of the tongue comprising the lug comprises a recess in particular in the form of a slope (12), so that when the two panels are in the joined state, there remains, as a result of the recess formed in particular by a slope (12), an interval between the side of the tongue (4) comprising the lug (9) and the longer rigid flank (6), so that the open end of the tongue does not touch the rigid flank (6) when the two panels are joined.

2. Panels according to the preceding claim, in which the lug (9) reaches to the bottom of the recess (7) in the engaged state or the raised area (19) at the open end of the flank (6) extends to the end of the recess (20) which is formed by the lug (9) on the underside of the associated panel.

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- 3. Panels according to any one of the preceding claims, in which the side of the tongue (4) which comprises the lug (9) as the result of the provision of a recess does not touch the flank (6) in the interior of the groove (3) when the panels are joined, so that an interval (17) remains.
- Panels according to any one of the preceding claims, in which the lug (9) makes contact with the side wall of the recess (7), through which connection between the two panels (1, 2) is effected.
 - 5. Panels according to any one of the preceding claims, in which the recess is present as a channel.
- 6. Panels according to any one of the preceding claims, in which the tongue (4) is separated from the longer rigid flank (6) from the lug (9) up to the slope (12) by a gap (17).
- 7. Panels according to any one of the preceding claims, in which a plurality of lugs (9) is provided on a longitudinal side or on a transverse side of a panel (2), wherein each lug (9) exhibits a spacing from an adjacent lug (9).

- 8. Panels according to any one of the preceding claims, in which the lugs (9) project substantially perpendicular to the surface (10) of the panel.
- 9. Panels according to any one of the preceding claims, in which tongues (4), grooves (3), recesses (7) and lugs (9) are so provided that the positive connection is produced by a tongue being twisted into a groove.
- 10. Panels according to any one of the preceding claims, in which tongues (4), grooves (3), channels (7) and lugs (9) are so dimensioned that intervals or gaps (13) remain between the open end of a tongue (4) and a groove (3) of panels connected to one another, so that a tongue (4) may be twisted into a groove (3).
- 11. Panels according to any one of the preceding claims, in
 which lugs (9) are distributed uniformly along a
 longitudinal side or a transverse side.

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- 12. Panels according to any one of the preceding claims, in which the distance between two lugs (9) corresponds roughly to the length of a lug along a longitudinal side or transverse side.
- 13. Panels according to any one of the preceding claims, in which the transition from a top edge of a lug (9) to a top edge of an adjacent lug (9) is circular in shape.
- 14. Panels according to any one of the preceding claims, in which at least one tongue (4) comprises a slope on its top side, so that the tongue tapers towards the open end.

15. Panels according to any one of the preceding claims, in which a groove (3) comprises a slope (14) in an outward direction on its top side, so that in this way a gap remains between the tongue and the groove in the joined state.

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- 16. Panels according to any one of the preceding claims, in which on the short transverse side of a panel (1) at least one elastic flank (6) is provided.
- 17. Panels according to any one of the preceding claims, in which the flanks of the groove (3) are substantially of equal length on the short transverse side.
 - 18. Method for the loosening of two panels (1, 2) connected positively to one another on the short transverse sides, characterised in that a panel (1) is displaced along the connecting joint (5) until said panel (1) is loosened from the other panel (2).